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LETTER FROM THE EDITOR

Welcome to SPRING 2021!

We are beyond excited to be presenting this new issue to you.

As long time fans of THE PUSSYCAT DOLLS, it is hard to explain what our feelings were when we learned about the opportunity of having one of their members, CARMIT, in our cover. The time has come and we hope you like how everything turned out.... 80s style!

But that's not all. We are thrilled to bring you some exciting fashion editorials as well as an interview with the founders of Snatched LA, a luxury boutique med-spa located in West Holywood.

Thanks so much for taking some of your precious time to read our magazine. As always, our endless gratitude goes to everyone who has participated in creating such beatiful content.

JOSE-MARIA JIMENEZ Editor-in-Chief **QPmag**

COVER



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INTHISISSUE

10-19 | EDITORIAL: ALL DOLLED UP

20-29 | EDITORIAL: FRESH FACE

30-41 | COVER: CARMIT

42-53 | EDITORIAL: DESERT DREAMS

54-63 | EDITORIAL: COME RIDE WITH ME

64-79 | INTERVIEW: SNATCHED LA

80-93 | EDITORIAL: OCEAN BREEZE

94-105 | EDITORIAL: BUSINESS CASUAL

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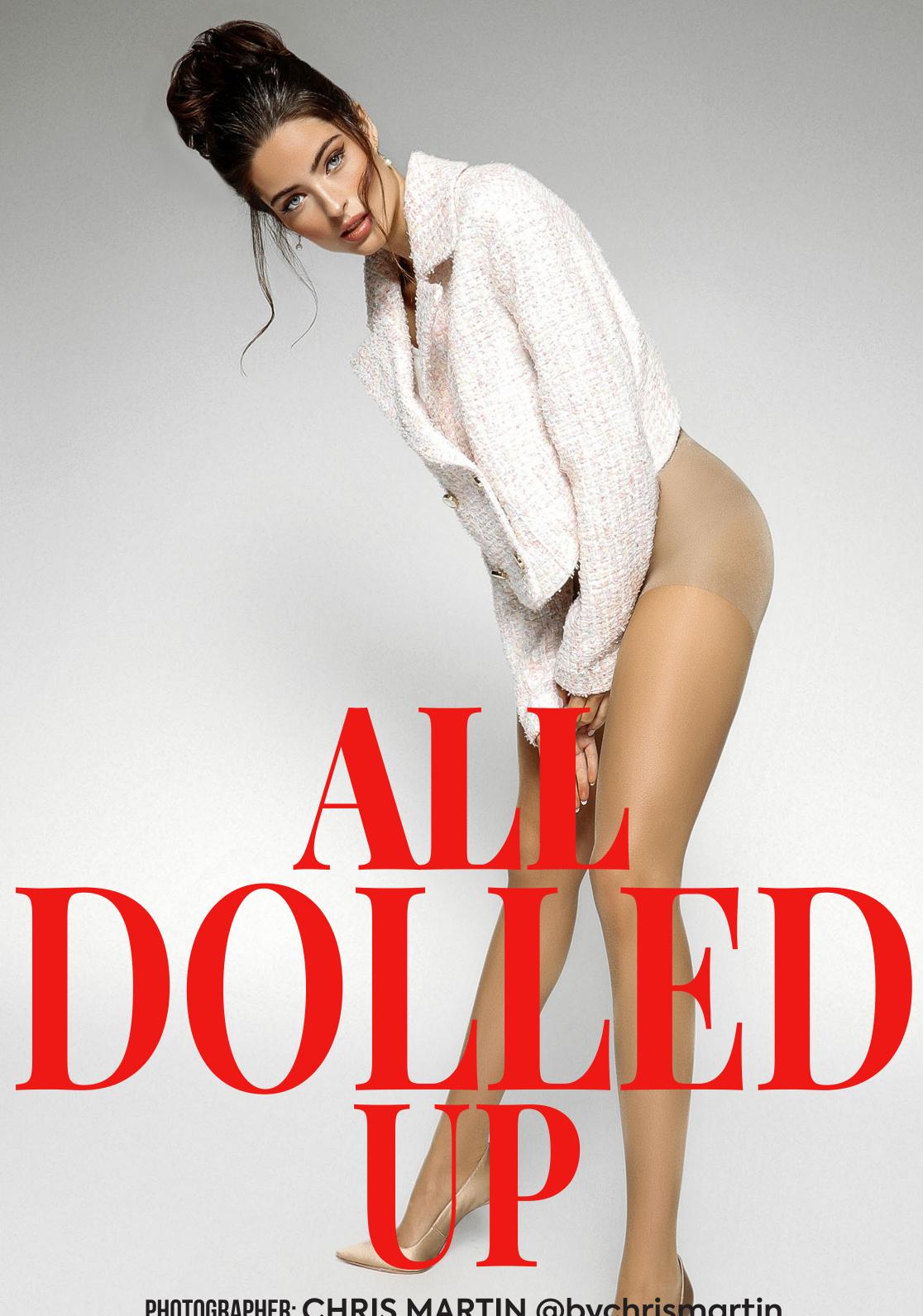


LÉA JOURNO

IT'S OKAY TO BE OBSESSED WITH YOUR HAIR































FRESH FACE

PHOTOGRAPHER: YASMINE KATEB @yasminekateb MODEL: RYLEE @ryleesellerrs



















COVER

THE PUSSYCAT DOLLS' CARNIT CARNIT LIVING AN '80s DREAM

Interview by MATT DILLON @mattdillon1983

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THE PUSSYCAT DOLLS' (A) A POINT OF THE PUSSYCAT DOLLS' (A) A POINT OF THE PUSSYCAT DOLLS' (B) A POINT OF THE PUSSYCAT DOLLS' (C) A POI

Carmit Bachar has traveled the globe many times over, whether through modeling, dancing, acting, or performing with the world-renowned Pussycat Dolls. Carmit and the Dolls reunited after almost a decade in 2020, releasing their new single "React" earlier in 2020 and gearing up for a reunion tour before the Covid-19 pandemic threw an unexpected wrench into their plans.

"When The Pussycat Dolls Reunion Tour was cut short due to Covid, it was an abrupt halt in every way," Carmit shared. "At first, I don't think anyone knew it would last this long, but eventually, we all accepted the unknown."

Carmit herself has had a very tough year. She struggled with various health issues this year, which prompted her to seek treatment so she could be the best version of herself and her family and loved ones. Carmit's personal experiences with her health and anxiety led her to create the Grace & Gratitude Box.

"We all need to reconnect with ourselves and others. That in itself is a necessary practice," Carmit advised. "It's almost as if we have to permit ourselves to take a moment. Working hard is ingrained, and there are so many distractions to keep us busy nonstop. I know for me, I actually have to schedule in time to make sure I self-care. I felt a responsibility to share some of the tools that helped me get through my tough times. That is why this is so personal to me. So this particular box has elements that will cleanse and protect you energetically."

The Grace & Gratitude Box includes a non-toxic cleansing candle and smudge spray containing 100% essential oil blends. It also consists of a Selenite & Black Tourmaline Crystals, Palo Santo, Sage, and an affirmation card divinely picked by Carmit's nine-year-old daughter.

The Grace & Gratitude Box is available here: Carmitb.myshopify.com









his year has been a refresh and reset for the world after what can only be described as a chaotic and uneasy 2020? What have been some positive takeaways for you this far?

We collectively had our world flipped 2020 and this year definitely feels like a hard reset! One of the main takeaways for me is really being able to bypass the bullshit with quickness. It's about being honest with myself, not being silenced and speaking my truth. If anything, we all realized there is no time to waste pleasing others and not saying what you mean. The positive is that it's made me more present and shown me who I'm in alignment with.

You have been open about your mental health struggles throughout the pandemic. How do you reset and re-center especially given the nature of the business your in?

It's tough considering you deal with so many personalities that are layered with ego, greed, fear, and some that are just plain chasing fame.

Navigating is tricky because sometimes you don't have a choice in who you might have to work with. It's all about energy for me. I can feel right away if someone is inauthentic. The challenge is to stay

true to yourself inside whatever is being presented. It may be cliche but they say to surround yourself with like-minded people who want to see you win. That's important.

As one of the OG members of the Pussycat Dolls how does the old school days compare to the reformed 2021 version of the girl group? Has the message and ethos of the dolls changed/evolved?

The old school days were some of the most amazing memories and truly feel nostalgic but we have all come so far. As women, we have so much more to offer and say now but the Pussycat Dolls message has always been the same then and now... Female Empowerment!

Your cover shoot for QP is a throwback and homage to the '80s; bright, poppy, and sexy? Tell us about the inspiration and why you connected so much to this era?

Come on...I was an '80s baby, just coming into my style! I rocked some classic good as well as some regrettable bad looks in that era. Honestly, when my publicist Matt suggested '80s, I was a bit nervous but then I got excited to put a spin on this era as myself now grown and sexy. I love collaborating with other artists from hair, makeup, and fashion to see what magic we all create when you have a theme or concept. Michael, Gilbert, and Melvin really brought it to life and Filbert captured it!

"the Pussycat Dolls message has always been the same then and now... Female Empowerment!"

As a solo artist how important is it to have your voice heard when it comes to the world, issues and the like?

Anyone in a position to reach an audience has a responsibility to use their platform. People relate to artists they respect who stand for something, so why not have something progressive or thought-provoking to say especially in these times. There topics like are underrepresented people and conversations that need to evolve. It's frustrating to see glorified drama and negativity at the expense of others when

there is an opportunity to be a good role model and use your voice!

Tell us about your new business venture 'Grace & Gratitude'? How did this come to be and how personal is it to you?

By the end of last year, I really got clear on distinctions and tools that helped keep me grounded through all the chaos both in the world and personally. I felt compelled to share some of my faves and creating a box had been on my list for a while.

I have always had an affinity for crystals, so this box has Selenite and Black Tourmaline for protection from

negative energy. I combined specific 100% essential oils to cleanse and protect in the candle and smudge spray (if you can't burn the sage or Palo Santo which are also included and have all been used for prayer, protection, and healing in different cultures for ages.) The best part is the affirmation card blindly chosen by my 9-year-old daughter Keala Rose. I truly feel everyone gets the message they need that way.

Whether you're religious or spiritual, these are simple things that clear your space energetically, make you feel better, and or just smell good! It's available as a subscription too with seasonal boxes. I was honored to have FORBES acknowledge my Grace & Gratitude Box and the importance of self-care.

What can we expect from Carmit in the remainder of 2021?

I'm super excited to finally release the video to a song I wrote with the Trackheads and put out four years ago called **It's Time**. I'm inspired and can't wait till things are more normal to collaborate again. Definiely more music, dance, and visual content as well as TV, and I'd love to do Broadway and films! I also have some cool secret projects in the works!! PCD is a priority and getting all our dates back on the map ASAP!

Follow Carmit across social media: atherealcarmit

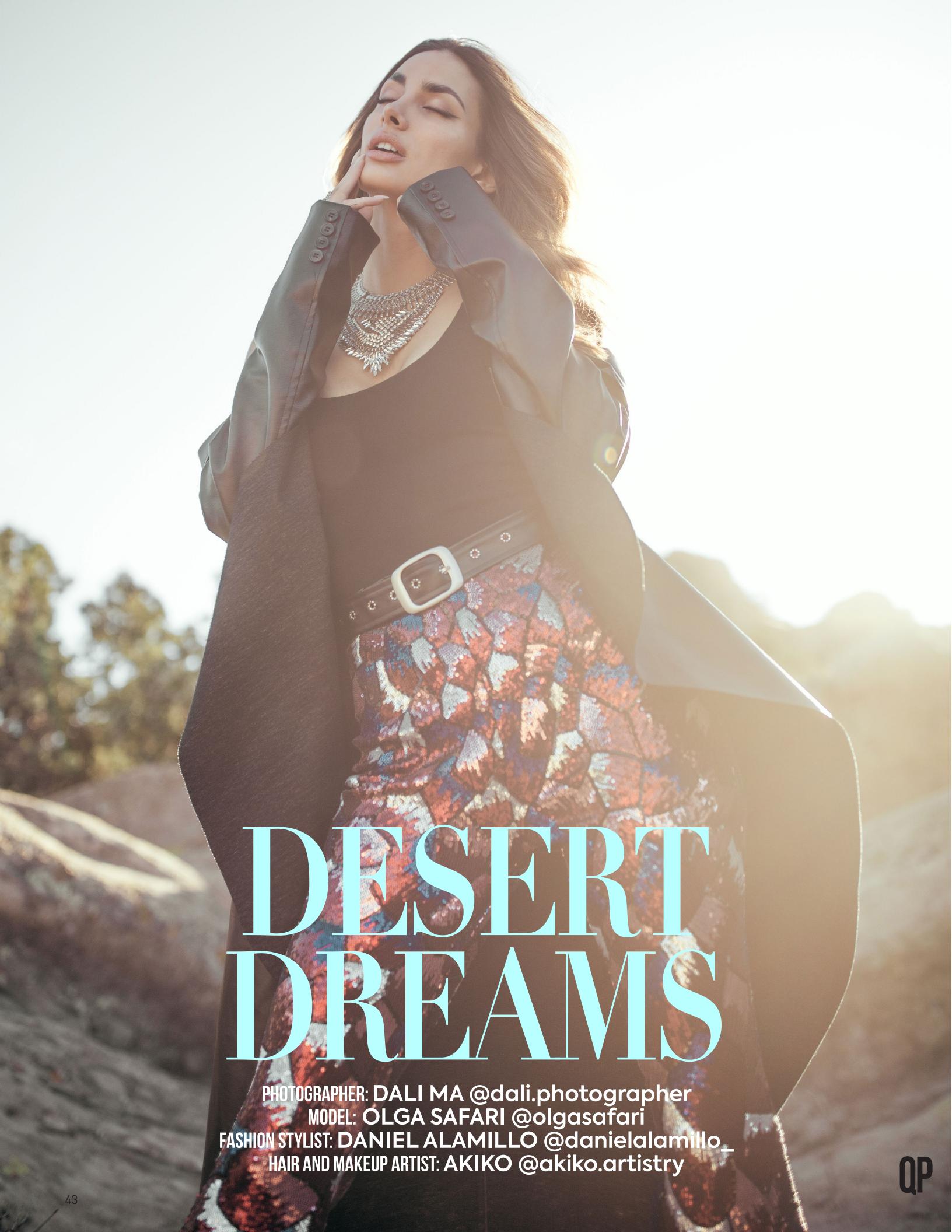
"It's frustrating to see glorified drama and negativity at the expense of others when there is an opportunity to be a good role model and use your voice!"





































QP

Sweater **TOP MAN**Shirt **ASOS**Pants **MR. TURK**







QP









INTERVIEW

SNATCHED LA

Snatched LA is a luxury boutique med-spa founded by two female entrepeneurs, Ani Malkhasyan and Sadiyah Karimi, with a vast experience in their fields. We had the pleasure of sitting down with Ani to dive deeper into this exciting project.

PHOTOGRAPHER: CHRIS MARTIN @bychrismartin CREATIVE DIRECTOR: EDGAR MARTIN @edgarmartin_PRODUCTION: THE INFLUENCE EFFECT @theinfluenceeffect









hat is Snatched LA? Well, Snatched LA is two things. First, it is a luxury boutique med-spa located in West Hollywood, California which offers some of medicine's most innovative non-surgical face & body treatments. It is unique in many ways, but we mostly believe it is because we are specialized in PDO Thread Lifts, which gained immense popularity in USA shortly after we began our journey as aesthetic nurses -- and we like to take some credit in that! Second, Snatched LA is a unique representation of the modern-day FEMALE ALFA DREAM. It is a story of two best friends with nothing but passion and compelling dedication in the process of collaboration

of two worlds: MEDICINE & BEAUTY.

friendship, represents partnership, confidence, hard work, and the divine power of motivated females.

How did you get started in the medical field?

The medical field has a vastly broad spectrum. Both Sadiyah & I were hired in the *Intensive Care Unit (ICU)* of a Hospital in Los Angeles. Although we graduated from the same nursing school during the same year, we attended different two campuses, which is why we had never met. To no surprise, our paths crossed in ICU, which was

dominated by educated female nurses who had been working in the unit longer than I had been on Earth. Intimidated but hungry for knowledge, we began our journey as newly graduated nurses. The atmosphere was always harsh, so it made us resilient. Our skills were tested and polished by the most iconic woman we ever came across: Kim *Kyung who had been an ICU nurse for 35+ years* and had more experience and say than some of the doctors on the unit. Her demeanor inspired us and from what everyone on the unit revealed, our capability to master and conquer some of the most difficult moments as new combers on the unit inspired her in return.

Did we know we wanted to become aesthetic nurses from the outset? No. We were entirely taken back by the adrenaline of the ICU and that was one of our first commonalities. Our second one was our passion for beauty. As we learned about how much we can change what happens internally in the body, our interest grew fonder and fonder about how much we could also transform people externally. One day I bought us a notebook that said, "GIRL GENIUS" in bright gold letters and we began to brainstorm or better yet, MANIFEST. I am a firm believer in writing thoughts and ideas down and heavily associate it with its ability to become reality; after all, we don't say "cast a SPELL" for nothing. Those were the beginning days where

> we began to work to combine our two worlds: MEDICINE &

BEAUTY.

"Snatched LA

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specialists?

I believe that our vision and representation of beauty are what set us apart in the game. Striving for improvement is a vital part of human nature. This applies to beauty as well. Everyone reading this now can nod their head that at least a few times in life they've stood by a mirror and manipulated certain features with their hands to their liking and their interpretation of beauty. Ironically, real beauty is what we always strive for. By REAL

we don't mean, "I've had no work done" type of real, we are talking about the appropriation of proportion, balance, and harmony of the face as a whole. Bigger isn't always better and tight isn't always right – we are talking about real, geometric balancing figures of what the human eye is programmed to interpret as beauty. This isn't smoothing your pores with a phone app, covering up a pimple with Facetune, and photoshopping features until there's nothing of YOU left. This is about the harmony of LIGHT & SHADOW association of the human face & the subtle enhancements that improve and complement the wholeness of your unique features.

What separates you from other injectors and thread

You have found a lot of success in such short period of time. What do you think contributes to your instant success in such an over-saturated industry?

I contribute it all to dedication. I don't believe that saturation and competition can ever play a factor in failure. This is a simple formula not just for the beauty industry, but for everything you want to achieve in life. It's extremely primal: if you have passion, discipline, and dedication, there is absolutely NO chance that you won't succeed. The market was sure saturated but there is no saturation when it comes to quality. QUALITY will always set you apart and to attain quality, you need dedication and discipline.

What is one thing you feel is most important to share with your clients when they come in to get any service?

Before beginning any of the services our clients have booked, we go through a mandatory consultation period. I'd like to think that before the clients make an appointment, they're learning about us. Once they've made an appointment, we're learning about them. We simply hand them the mirror & ask them to discuss their features, concerns, what they want to improve & what they expect from the services they've selected. This is where we tap right back into ICU mode – not because anything critical is happening physically, but because something critical is happening mentally. We love to grasp a precise idea of what our clients EXPECT from this appointment. Realistic expectations are something that is never looked over or ignored in our clinic. All too often, we come across individuals who simply will not be a fit for us as a client and that's not because there aren't any services we provide that'll improve their appearance but because they'll

never be, realistically speaking, satisfied with the subtleness of the outcome. This is where filter dysmorphia is most prominent. Girls will continuously pull out photos of themselves with a filter on that pinches and shortens the nose, smooths the human skin to look like glass, enhances the pupils, changes the eye color, sharpens the cheeks, points out the chin, shapeshifts the eyes and increases lip borders by a minimum of 5 cm. This is not something we stand for and therefore this is not the clientele we accept. Instead, we use the remaining time of the appointment to educate them. We do our best to point out all the distortions that pixels can do that are simply unachievable and equally unnecessary in real life. What we share with our clients is transparency & honesty. Those who share similar views leave the clinic happy and confident. Those who don't, leave with something to think about that'll hopefully help enhance the internal beauty first.

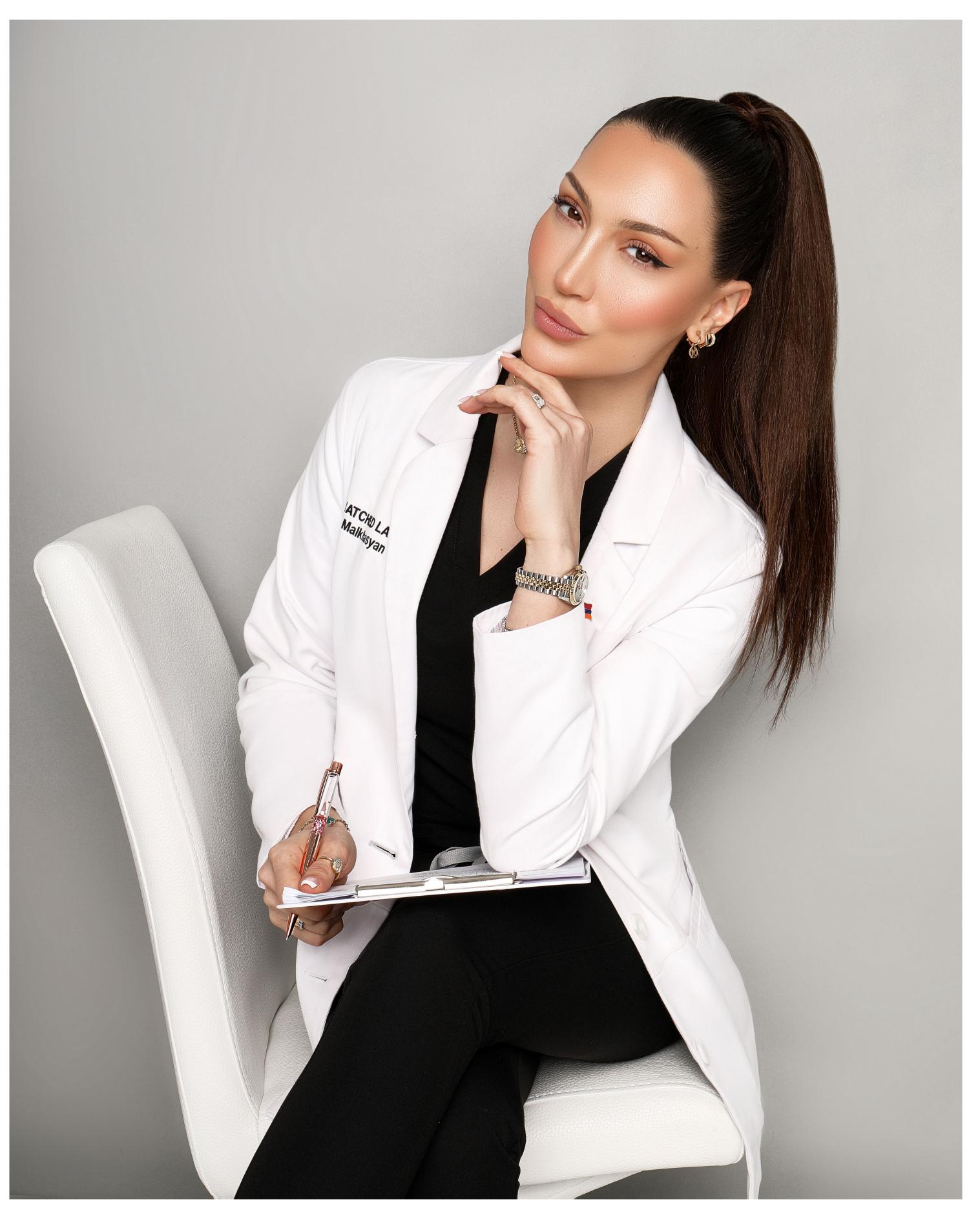
How do you maintain a steady balance between work and life?

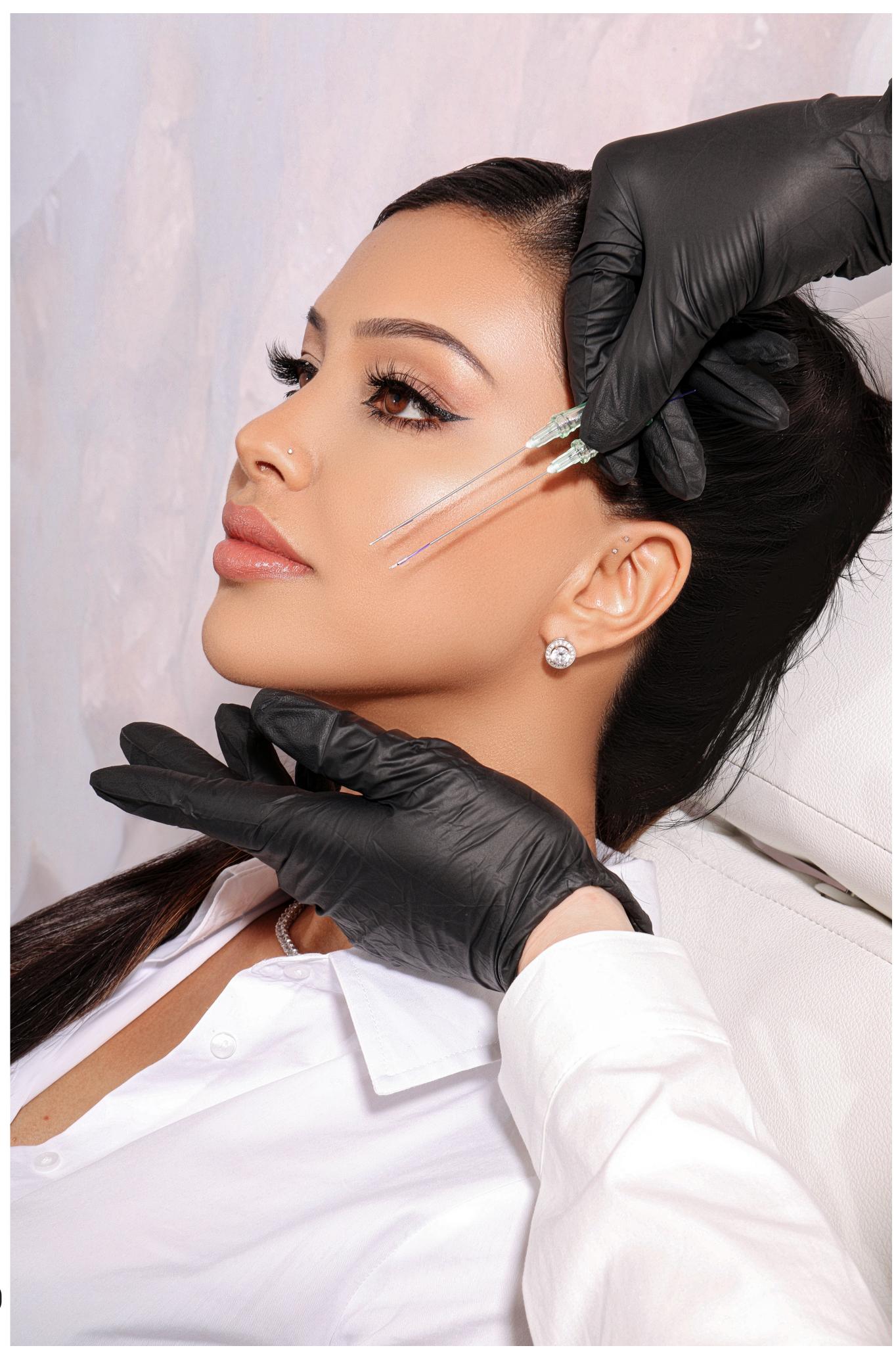
I am still trying to find that balance because it's truly difficult to fully grasp. It's difficult because my work and my passion are the same. When you're not passionate about your job, you're happy to leave work knowing you're not even going to THINK about it for the rest of the day. Fortunately, I don't know what that feels like and I am grateful for it every day. Because my work is my passion, it happens to pop-up on my mind throughout the day, during dinner, when I am out with friends, and even on a vacation. Not in an unhealthy way that it captivates my entire time and attention but still—it is a constant part of who I am. I embrace this and I maintain this with organization. I organize my thoughts on paper, I write down ideas when they come to me and immediately share

"if you have passion, discipline, and dedication, there is absolutely NO chance that you won't succeed."









them with Sadiyah, I put them on my to-do list so I can give them my undivided attention at a later, more appropriate time. You can't turn down passion, it doesn't come with an "OFF" button. Organization is what allows me to divide my time in such a way that I enjoy everything I devote my current time to. It's also something that changes day-to-day. Some days I know I need to put my phone away and enjoy my time with my husband, family, and friends. Even at times when Sadiyah and I have our phone calls and conversations, we strictly declare "WEARENOT GOING TO TALKABOUT WORK." Sometimes we stick to it, sometimes we don't. Sometimes I ask my husband for business advice and share my future ideas so our dinner time turns into a business meeting but I am lucky because we both enjoy that.

How does it feel to know you inspire other injectors and medical clinics?

It is a humbling feeling for sure. We haven't been doing this for a very long time, it's been 2 years. To know we inspire injectors and medical clinics is truly satisfying to another level, but to know we inspire girls to go into the medical field to do exactly what we do is a feeling we won't be able to explain. For this very reason we have chosen to teach and educate licensed professionals and simultaneously enrolled back in school to strengthen our knowledge and skills. There is always room for improvement.

Do you feel like you can use your voice in the industry to empower other women to accomplish their dreams as you both have?

This is a HUGE factor of what we stand for and we do everything to deliver that every day at work and outside of work. Accomplishing your dreams, whether or not it is aesthetic medicine, is something

we want to encourage everyone every day. One of our most memorable moments in this career has been a time where a nursing student who followed our work sent us a photo of her VISION board, and on that board was a cut-out photo of our very famous Snatched LA chandelier. To inspire and empower women is a vital part of what we stand for because that in fact is TRUE beauty.

What is one of your favorite services that you feel gives a patient the most confidence?

This an interesting question because 9/10 clients will ask this daily. There is no favorite service. We are all unique like snowflakes under a microscope. What benefits my features may have the complete opposite effect for someone else. Our favorite treatment/service is the one that's going to help YOU feel most confident. For some it's lips, for others it's smile lines, cheeks, jawline, nose etc. When you treat every client as a unique piece of art, you enjoy all the hues of the rainbow of beauty.

You are very vocal about education and sharing the ups and the downs of the beauty world. What is the importance behind this?

The importance behind this is once again realistic expectation. No one posts photos of clients who experience vascular or arterial occlusion, extreme swelling, hematomas, and complications. We chose to be vocal about this because the words "non-surgical" whisper smooth promises to clients. That is not the case. Realistically, all surgical and non-surgical treatments can cause permanent damages if complications are not properly managed. We talk about this because we want our clients to engage in thorough research in treatments and we encourage injectors to learn from our

"Our favorite treatment/service is the one that's going to help YOU feel most confident."

mistakes. Everyone makes mistakes — what sets you apart in the industry is your ability to prevent, minimize and treat the complications that can arise.

Have you ever had any celebrity clients come in for any services?

We have treated many celebrities in the short period of time we have been in business. Some have publicly shared their experience on social media platforms, podcasts, reality TV, interviews & even Fox II news! Others are more private about which is also treatments completely understandable. We as a society are JUST okay be becoming with cosmetic enhancements. It can be difficult for some to talk about this being in the public eye and we undoubtedly protect every one of our clients' privacy.

What would be your advice for someone who aspires to follow the same career path? Any tips you would give them?

When you dedicate yourself to any field in medicine (aesthetic or not) you also dedicate

yourself to a continuous, lifelong education. Medicine evolves, beauty evolves, trends come and go. Educating yourself and knowing that there is ALWAYS room for improvement will pave your way to the top of the pristine beauty pyramid.

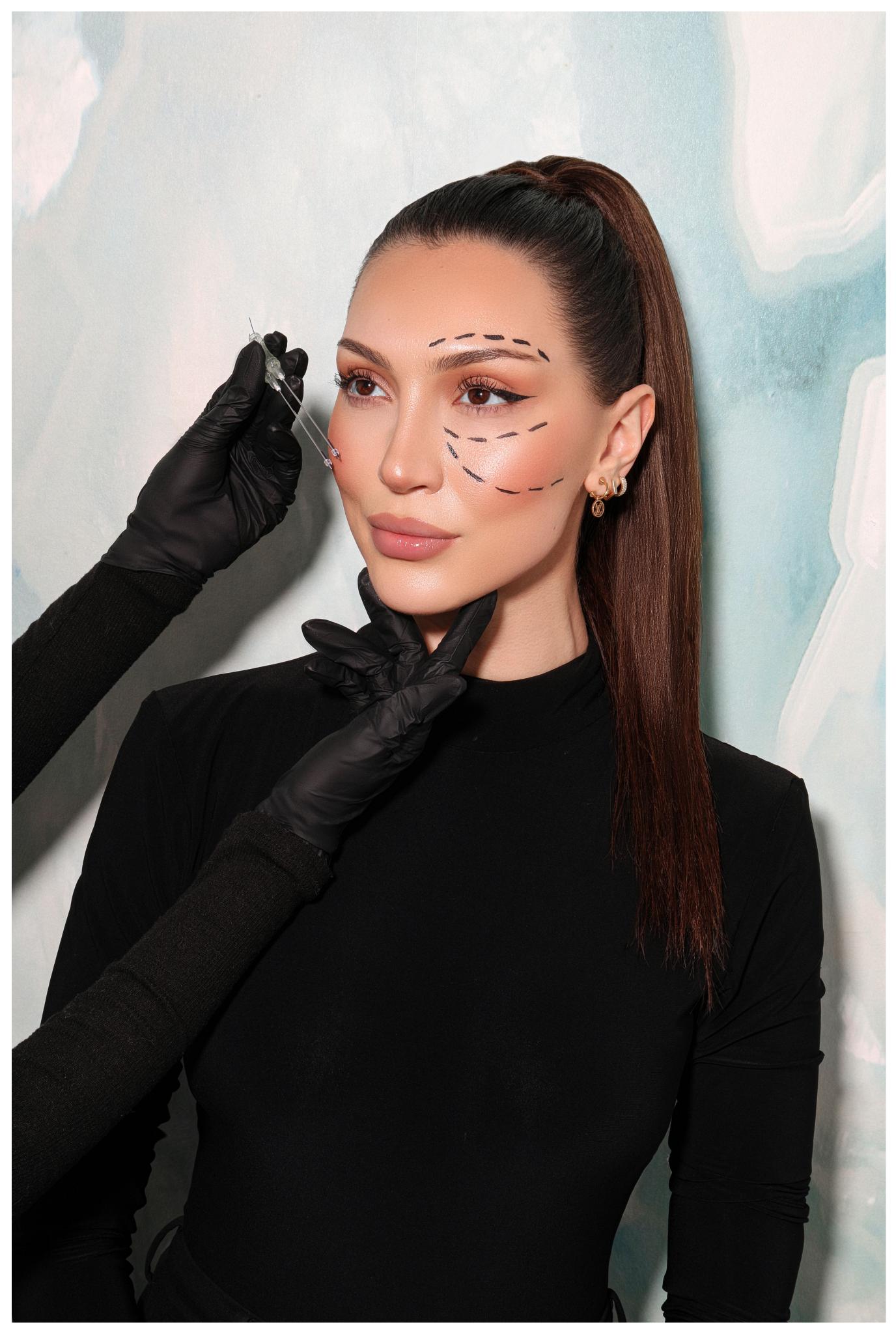
The quality of your work stands out amongst so many other competitors. What do you think is the main contribution to maintaining such quality work?

I can't pick out a single most contribution when it comes to maintaining the quality of work. It is definitely a combination of many things. Just like a puzzle, it will not be complete until every little piece is aligned. Education, precision, honesty, dedication & the ability to criticize your own work & study your own techniques are part of the recipe of continuous quality work.

Where do you see yourself 5 years from now? Changing the perception that beauty is perfection. Beauty is uniqueness. It is how we are all different in the way that we look, act, think. Confidence is beauty. Beauty is a state of mind.

"We as a society are JUST becoming to be okay with cosmetic enhancements."











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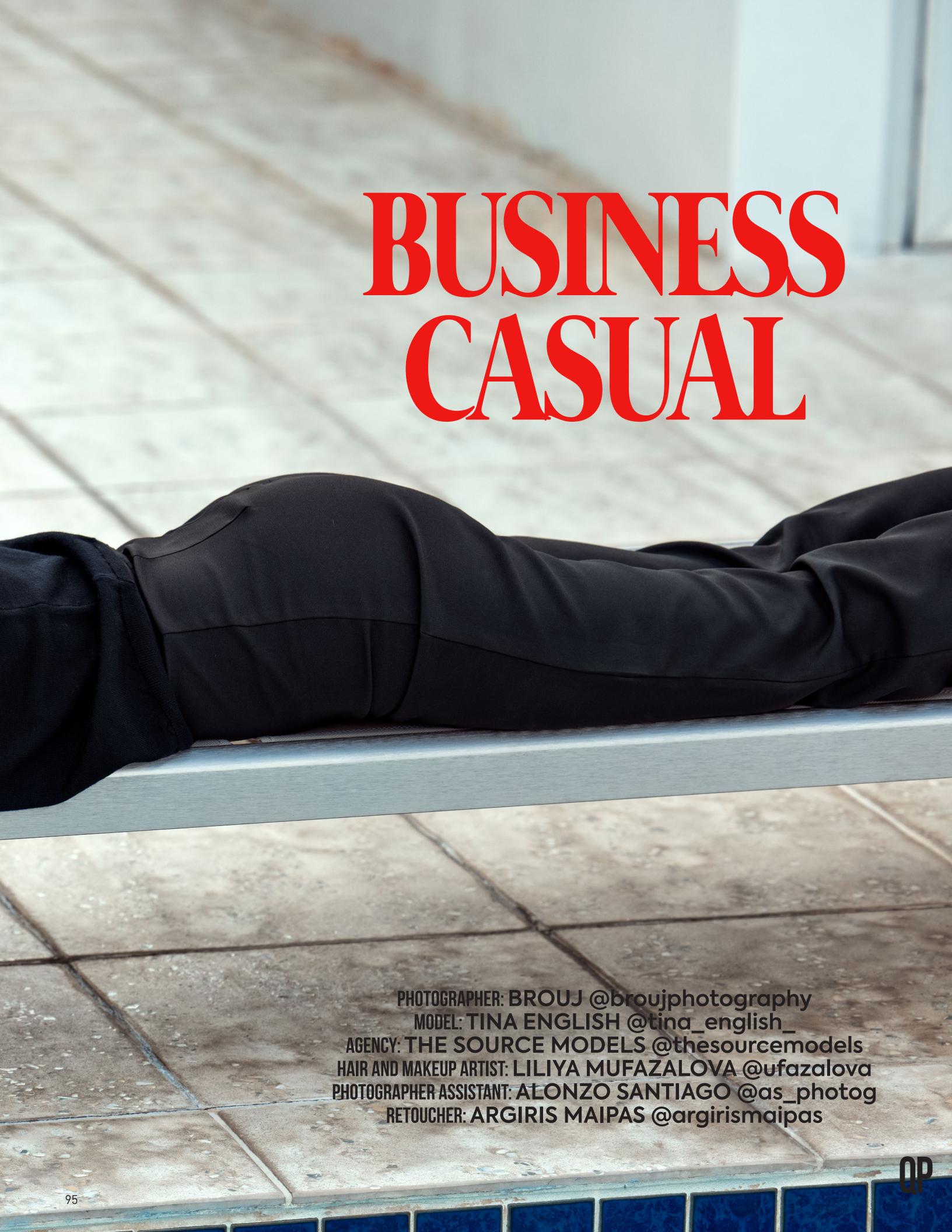
















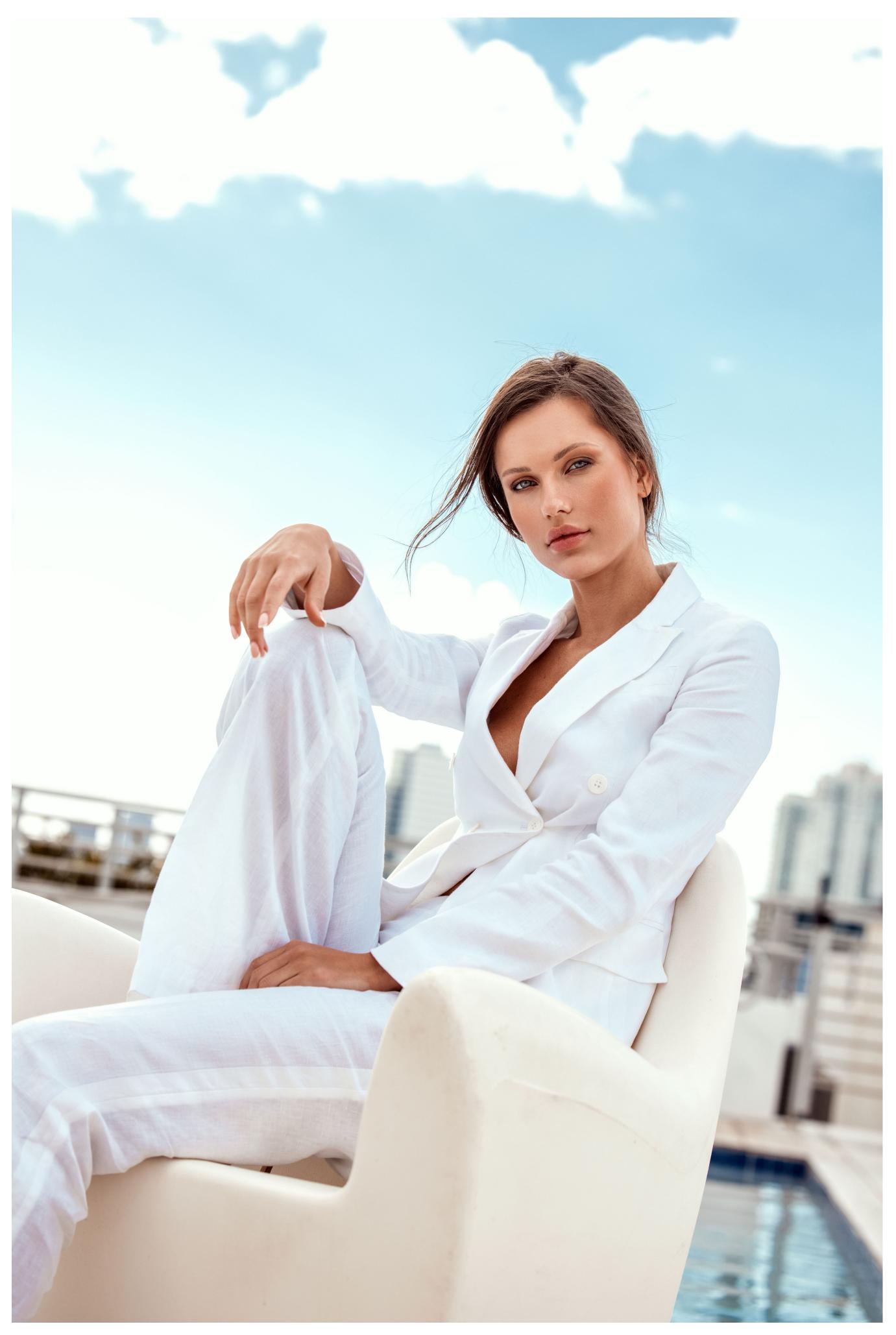
















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